

July
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Wellness

Quick Read

From The Solutions Group Wellness Team

Just Breathe

When stress, to do lists, deadlines, and demands start to overwhelm you, slow down and *breathe*. Deep breathing slows the heart rate and lowers blood pressure. It also helps you feel refreshed and recharged. Try these deep-breathing tips the next time stress sets in:

- Breathe in and out slowly, with a regular rhythm.
- Count to five as you breathe in and out.
- Imagine that you're filling up a bottle so that your lungs fill from the bottom up.

Quote of the Month:

“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.”

How Resilient Are You?

The only constant in life is change. And life's inevitable stressors is resilience, when that change is hard or stressful – the ability to adapt in the face of illness, the death of a loved one, adversity. Learn more about resilience financial problems, or a traumatic event and self care in this [article](#) from the – it takes a physical and emotional toll. American Psychological Association. The key to moving through change and

Recipe for Building and Maintaining Resilience

Mix the following ingredients well and season to taste!

from www.resiliency.com

Relationships – Sociability. Be a good friend and form positive relationships.

Humor – A good sense of humor can be a handy tool in times of stress.

Inner Direction – Base choices & decision on internal evaluation (internal locus of control).

Perceptiveness – Work on gaining insight into people and situations.

Independence – “Adaptive” distancing from unhealthy people and situations/autonomy.

Optimism – Take a positive view of your personal future.

Flexibility – Do your best to adjust to change; bend as necessary to positively cope with situations.

Love of Learning – Develop the capacity for and connection to learning.

Self-Motivation – Internal initiative and positive motivation from within.

Competence – Focus on what you enjoy and appreciate being “good at something”.

Self-worth – Feelings of self-worth and self-confidence can give you personal strength.

Spirituality – Personal faith in something greater can give life new dimension.

Perseverance – Have strength in the face of difficulty; don't give up.

Creativity – Expressing yourself through artistic endeavors can be a wonderful outlet.

How many of these ingredients are already in your personal pantry? What do you need to add?

Sun Dried Tomato Dip

This flavorful, protein-packed dip with vegetables makes a satisfying snack.

Ingredients

- 1 3-oz. package sun-dried tomatoes, packed without oil
- 1/3 cup fresh basil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. tomato paste
- 1 Tbsp. olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 15-oz. can white beans, drained and rinsed
- 1 clove garlic, chopped coarsely



Instructions

Combine tomatoes and 1 cup boiling water in small bowl. Let stand for 15 minutes or until soft. Drain tomatoes, reserving 1/2 cup of soaking liquid. Place tomatoes, reserved liquid and remaining ingredients in food processor. Process until smooth. Serve with sliced jicama, bell pepper strips, crackers or chips, or use as a sandwich spread.



Picnic Perfect

This summer, take extra precautions to prevent the “summer bug” caused by food-borne illnesses. Follow these food safety tips to help stop the bacteria that cause vomiting, diarrhea, and other intestinal symptoms associated with food-borne illnesses:

- **Discard any food that has been left out longer than two hours.** Bacteria begin to grow quickly after two hours.
- **Take just enough food** so you don't have to worry about leftovers.
- **Thoroughly chill any precooked foods** before you put them in a cooler.
- **Be extra careful with salads that use mayonnaise.** Cool cooked ingredients (like chicken, eggs, or potatoes) to 40° F before mixing with mayonnaise.
- **Eat take-out foods like fried chicken within two hours,** or buy them ahead of time and chill before putting in coolers.
- **Put the cooler inside your air-conditioned car, not the trunk.** Keep it in the shade at the picnic site. Pack the foods you plan to eat first on top to cut down on openings and closings. Use a separate cooler for drinks.
- **Never put cooked meat on a surface that held raw meat** unless the surface has been thoroughly washed with soap and hot water.
- **Cook meats to the proper temperature:** burgers (well-done), ribs, and hot dogs to 160° F; whole chicken to 180° F; ground poultry or chicken breasts to 170° F.



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